

NEWINGTON PARKS AND RECREATION DEPARTMENT PRESENTS

2015 SUMMER FUN RUNS

Wednesdays, July 8, 15, 22, 29, August 5 and 12th
6:30 PM

Cross Country Trails behind John Wallace Middle School

Lace up your running shoes and join us! These runs are a great way for the whole family to keep in shape this summer. There is no cost to participate. All abilities and ages welcome!

These races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners.

Ribbons are awarded to everyone after each race with trophies to series winners at summer's end!

For More Information:

Please email Race Coordinator Jay Krusell at
jaykrusell@yahoo.com